

Tudio, Dacera add more medals to CRAA swimming team

TIARA BEBONEY TUDIO of Koronadal City and **Omar Philip Dacera** of Gen. Santos City contributed two more medals for the Cotabato Regional Athletic Association (CRAA) swimming team in the 200-meter Breast Stroke (Secondary-Girls) and 100-meter Free Style events (Elementary-Boys), respectively, as powerhouse NCR romped away in the Palaro swimming event.

Tudio, a 17-year old student of Notre Dame Siena School of Marbel and the daughter of SOCOTECO I General Manager Santiago Tudio, blasted her way for the gold medal finish, clocking 2 minutes 49.75 seconds in her favorite event.

Dacera's silver medal finish in the 100-meter Free Style event with a time clocking of 1 minute 00.95 second, a new event in the Palaro swimming competition earned him a gold-silver medal haul for the first two days of the swimming event. (FCS Jr.)



Tiara Beboney Tudio looks at her time record in the 200 M-Breast Stroke. Inset is Omar Philip Dacera in his 100 M-Free Style.

SOCKSARGEN spikers smash NCR in volleyball boys

TACLOBAN CITY – After beating the National Capital Region (NCR) in volleyball secondary boys, the tough athletes from SOCKSARGEN region are now qualified for the quarter finals on the continuing 2009 Palarong Pambansa.

The crucial game between the best region in Mindanao against NCR is scheduled to be played at the newly-refurbished Leyte Sports Development Center but later transferred to STEFTI gymnasium.

Packed with hundreds of spectators and cheerers, the

Cotabato region defeated NCR to the score of 23-25, on the first set of their game.

With the strong spikes and good blocks of the CRAA's spikers they smashed NCR on the second and third sets of their match.

"Sa second set ng laro namin sa NCR nasa 22-24 ang score ngunit nakahabol pa rin kami sa kanila at natalo namin sila sa score na 30-28." Coach Roderick Cayubin told in an interview.

He added, *"Ginawa lang ng mga bata ang nararapat upang matalo nila ang NCR upang makapasok sa quarter finals."*

The Cotabato region also kneeled down the teams of Cordillera Autonomous Region and Ilocos Region the other day. (AMS)



CRAA Volleyball team 'shouts for joy' after beating the National Capital Region at STEFTI Gymnasium.

CRAA rules in athletics Wins 4 gold on the 4th day



Jether Molina

TACLOBAN CITY – As the heavy rainfall poured in at the Leyte Sports Complex, four athletes from Region XII bagged four gold in a row on the fourth day, their first ever in Palaro.

Reynalyn Pabelo won her first gold in Long Jump with a distance of 4.98 meters. She left behind the silver medal to Michelle Palmares of Region IV-A with her 4.97 meter and Florence Acacio's 4.91 meters for bronze.

A five-time Palaro player in running events since her elementary grades, Pabelo tried her luck to jumping events this year. Her greatest achievement was only a silver medal.

Her coach Noli Pabilico saw in Pabelo a potential in long jump and true to his words, she ultimately won a gold medal this time.

In tears, he thanked his parents and all the constituents of Region XII and his hometown Koronadal City for the support they have given to her.

Though he was only an add on to the athletics team after garnering only a silver medal in the recent regional meet, choosing Jarvin Renz Debarido is a blessing. Also a first timer in the Palaro, he won his first gold yesterday for the 400 meter hurdle with a clocking of 58.26 seconds. Richard Gerna of Region IV-B comes next with 58.30 seconds to garner his silver and Joefer Tagalicud's bronze with 58.32 seconds.

Debarido disclosed that his parents were athletes in their younger years. His mother, Veronica, was a volleyball while his father was a basketball player then. This 16 year-old shy boy from Sultan Kudarat is determined to continue being an athlete even if he enters college.

The last two gold were garnered by the two young boys from the Athletics Boys-elementary. Arnulfo Sab and Jether Molina owed their winning through hardwork and discipline.

Their Coach Lito Gozo said that these two boys were dedicated in their practice.

"Magaling talaga ang mga batang ito. Masipag silang magpractice at kahit hindi mo sabihan, sila na ang kusang nagtitraining." Coach Gozo said.

Sab, 13, a new graduate from Cahilso Elementary School in General Santos is already a second-timer in Palaro. He disclosed that he landed only on the sixth place for the same event in last year's Palaro at Puerto Princesa Palawan.

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Summary of Events Won - Elementary (As of 10:00 pm, April 30, 2009)	
Events Won	Results
Athletics - 400 Meter, Hurdles, Boys - 800 Meter, Boys - Triple Jump, Boys-Finals - Shot Put, Boys-Finals - Javelin Throw, Boys - Finals - Long Jump, Boys - Finals - 400 Meter Hurdles, Girls-Finals - Javelin Throw, Girls-Finals - Shot Put, Girls-Finals - 800 Meter, Girls - Finals - Triple Jump, Girls-Finals	Gold and 5th Place Gold 4th Place 4th Place 4th Place 4th Place 4th Place 4th and 5th Place 6th Place 6th Place 8th Place
Boxing - Kiddie Weight	Bronze
Chess (Team standing after Round 4)	Rank 6th
Gymnastics - Team champion - Individual All Around	Silver Silver
Swimming - 200m freestyle, elementary boys - 100m backstroke, elementary boys - 100 m freestyle, boys - Team standing after Day 2 - Boys - Girls	Gold (New Record) Bronze Silver 4th Place 6th Place
Table Tennis - Elementary Girls Game 5	Winner vs opponent
Tennis - Team Competition, Boys - Team Competition, Girls	Rank 5th Rank 7th
Taekwondo - Poomsae, Individual-Group B, Boys - Poomsae Team, Boys - Poomsae Team, Girls - Poomsae, Individual Group A, Girls - Poomsae, Individual Group B, Girls - Poomsae, Team, Girls	Silver Bronze Bronze Bronze Bronze Bronze

Summary of Events Won - Secondary (As of 10:00 pm, April 30, 2009)	
Events Won	Results
Arnis Secondary Boys - Individual Doble Baston - Individual Solo Baston - Synchronized Solo Baston - Synchronized Doble Baston Secondary Girls - Individual Solo Baston - Individual Doble Baston - Synchronized Doble Baston - Synchronized Single Baston	 Gold Silver Silver Gold Gold Gold Gold Silver
Athletics - 400 Meters, Hurdles - Long Jump, Boys - Long Jump, Girl - Javelin Throw, Girls - Finals - High Jump, Girls - Finals	Gold Silver Gold 7th Place 6th Place
Badminton - BTT, Sec Boys, Quarterfinals	Winner vs opponent
Boxing - Mosquito weight - Light flyweight	Bronze Bronze
Dancesports - Cha-cha - Rumba - Jive - Samba - Two dance category - Three dance category	Gold Gold Gold Bronze Bronze Silver
Rhythmic Gymnastics - Team , Secondary, Final Result - Individual All Around	4th Place 7th Place
Swimming - 200 m Breast Stroke - Team standing after Day 2 - Girls - 400m freestyle, secondary boys	Gold Third Place Bronze
Taekwondo - Poomsae Team Boys - Poomsae, Individual - Girls - Poomsae Team, Girls - Poomsae, Individual-Girls Group B	Bronze Bronze 4th Place Rank 3rd

Kitchen staff, the unsung heroes of Region XII

AT the wee hours in the morning while others are in deep slumber, they are already on their own posts. Others started to pound meat, slice fish, cook rice or even go to the market to buy fresh fruits and veggies for the day.

Not a single gold or even medals are expected of them, but they are the unsung heroes of Region XII.

The kitchen staff.

The 26 –strong member of the kitchen cabinet of South Cotabato Division paraded their way through Leyte to serve the athletes of this year’s Palarong Pambansa.

Situated at the Tanauan School of Crafts and Home Industries, they made their makeshift kitchen and started their way to serve the gold medalists, coaches, chaperons and delegation officials.

Their day starts at 3 o’clock in the morning. They rest their tired limbs at 11 pm.

Every members have their own tasks to do.

Dr. Carmelita Cabarubbias, a dietician and the Mess Supervisor prepared the meal plan for the whole duration of the Palaro.

Romeo San Pedro is the Co-

Chairman of the Kitchen Personnel with **Herbert Lavente**, **Ismael Bation**, **Emillano Centena**, **Quirino Nevesteras**, **Norberto Nobre**, **Manuel Marcelino**, **Dante Lagne** and **Melinda Cueva** as members.

Ramon Dagnaos, heads the rice –cooking with **John Ariel Delfin** and **Romeo Fernandez** as members. **Arnel de la Cerna** heads the athletes mess hall with **Elizabeth Nobleza**, **Cynthia Gregorio** and **Editha Neones** as members. In-charged of the official mess hall are **Estela Bastareche** with **Rosemarie Pacheco** and **Cherry Nerpiol** as members. The marketers are **Lilia San Pedro**, **Ronil Resurrection**, **Leonida Lumanta** and **Felicitas Amorganda**. Marketing Assistant for COA is **Cora Enseniales** and **Ray Lloren** as Sanitation Officer.

With a budget of P1.7 million for the whole duration of the Palaro, they shall serve 545 hungry stomachs each day, three meals and two snacks per day for only P175.

Others may not understand how they managed their tasks but they are the dedicated Home Economic teachers and staff of the host Division.

No one could belittle their expertise in handling the kitchen. Others have served as one of the kitchen cabinets even during the first Palaro was held in South Cotabato in 1996.

Prior to this sports event, they managed the kitchen during the provincial meet. CRAA meet proper, the 40 day training proper for the Palaro at the South Cotabato Sports

Complex and until here in Leyte province.

Just like in sports, dedication and hardwork are what they have in handling their tasks.

“We leave our families for a long time, but seeing our athletes win is already a pay off for all our sacrifices.” Ariel one of the kitchen staff said. (HST)



Kitchen Staff serving Gold Medalist Albert John Mantua.

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Determined to win the gold on his last year in the Elementary Division, he finally got what he hoped for.

“Kahit high school na ako this school year, ipagpapatuloy ko pa rin ang practice para mamaintain ko ang pagiging gold medalist.” He said.

The last medal garnered

yesterday in athletics came from Jether Molina, a 13 year –old shy boy from Ned, Lake Sebu. His triumph is not only an addition to the region’s medal tally but a pride to South Cotabato. He is the first to bring gold medal for the province this year and hopes to win another gold today in the 1,500 meter run. (HST)

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